

An Introduction to Bipolar Disorder



What is bipolar disorder?

Bipolar disorder – sometimes called manic depression – is a severe mental illness which affects about 1 in every 100 people during their lifetime. Bipolar disorder causes extreme shifts in a person's mood. People with bipolar disorder often have recurring episodes of mania and depression throughout their lives, although many are free of symptoms between these episodes.

It is important to distinguish bipolar disorder from **depression** (even though bipolar disorder is often termed *manic depression*). Some people with bipolar disorder will mainly have lengthy bouts of depression with symptoms similar to other forms of depression. A very few people only have manic episodes (highs). But for most people what distinguishes bipolar disorder is that it usually involves both highs and lows (depressive episodes).

This is not comparable with having mood swings: bipolar disorder usually involves protracted episodes of depression and mania. What also distinguishes the illness is its severity: highs and lows tend to be extreme and can involve psychosis (losing touch with reality).

However, there is a scale of severity when it comes to the symptoms of bipolar disorder. In other words, some people can have more acute symptoms than others. **Hafal** suggests that patients do not simply focus on the diagnosis of bipolar disorder.

Instead they should insist that they get a full explanation from their doctor or psychiatrist of the **symptoms** they are experiencing, as it is the symptoms which need to be addressed when working towards recovery.

What causes bipolar disorder?

There are several theories about what causes bipolar disorder. Some evidence suggests that bipolar disorder runs in families and that genes are a significant factor. Other theories suggest that things that happen to a person, such as stressful life events or physical injuries, can lead to the onset of symptoms of the illness. The likelihood is that there is a combination of causes for bipolar disorder that may include genetic predisposition and life events which trigger the illness.

Symptoms

The main symptoms of bipolar disorder are as follows:

1. Periods of **manic** behaviour such as:
 - A continuous elevated or euphoric mood
 - Irritability and restlessness
 - Increased energy
 - Inflated self-esteem
 - Little need for sleep
 - Talkativeness
 - Increased sex drive
 - Racing thoughts
 - Inability to concentrate
 - Risk-taking
 - Reckless spending.

2. Periods of **depressive** behaviour such as:
 - A persistent subdued or sad mood
 - Anxiety
 - Loss of interest or pleasure in life
 - Change in appetite or body weight
 - Insomnia/oversleeping

- Fatigue
- Loss of energy
- Lack of sex drive
- Self-harm and suicidal thoughts
- Feelings of guilt and worthlessness
- Difficulty concentrating.

3. A **mixed state** with symptoms of both mania and depression.

4. **Psychosis** (losing touch with reality) may also be present during severe episodes of either mania or depression. This can include delusions and hallucinations. Delusions are strongly held, false beliefs often with no basis in reality; hallucinations involve a person experiencing or perceiving things that do not exist.

Medication

Medication can play an important part in relieving symptoms of bipolar disorder and achieving recovery (see overleaf for more about recovery). However, medication can also cause side-effects. The side-effects of mood stabilisers can include nausea, diarrhoea, muscle spasms, weight gain and lethargy; the side-effects of antipsychotics can include including shaking, weight gain, muscular spasms, hormonal problems, sexual dysfunctions, sedation and heart problems. These side-effects should not be confused with symptoms of bipolar disorder.

Next we look at how you can approach recovery if you have the symptoms of bipolar disorder.

Arweiniad ar gyfer Cleifion gan hafal A hafal Guide for Patients

Beth yw anhwylder deubegwn?



Anhwylder deubegwn – sydd weithiau'n cael ei alw'n iselder manig – yw'r enw ar afiechyd meddwl difrifol sy'n effeithio ar tua 1 ym mhob 100 o bobl yn ystod eu bywyd. Mae anhwylder deubegwn yn achosi newidadau eithafol yn nhywfaint o dystiolaeth yn awgrymu bod anhwylder deubegwn yn rhedeg mewn teuluoedd a bod genynnau'n ffactor bwysig. Mae theorau eraill yn awgrymu y gall pethau sy'n digwydd i neu anafadau corfforol, arwain at symptomau'r salwch. Y tebygolrwydd yw bod cyfnid o achosion ar gyfer anhwylder deubegwn, a allai gymwys rhagweddaiad genetiig a digwyddiadau bywyd yn sbarduno'r salwch.

Mae'n bwysig gwahanu'r hwyng symptomau rhwng bod llawer yn gwbl rydd o unrhyw iselder drwy gydol eu bywydau, er aml yn cael pyliau o fania ac ddiwedd o'r anhwylder deubegwn yn nhymer person. Mae pobl sy'n ddiwedd o'r anhwylder deubegwn yn achosi newidadau eithafol yn nhywfaint o dystiolaeth yn awgrymu bod anhwylder deubegwn yn rhedeg mewn teuluoedd a bod genynnau'n ffactor bwysig. Mae theorau eraill yn awgrymu y gall pethau sy'n digwydd i neu anafadau corfforol, arwain at symptomau'r salwch. Y tebygolrwydd yw bod cyfnid o achosion ar gyfer anhwylder deubegwn, a allai gymwys rhagweddaiad genetiig a digwyddiadau bywyd yn sbarduno'r salwch.

1. Cyfnodau o ymddygiad **manig**, fel: Tymes eithriadol dda neu ewfforig parhaus Sensitiedd ac afionyddwch cyhyrau, rhoi pwysau ymlaen a cythni; gall sgil effeithiau sythni; gall sgil effeithiau meddyginiath gwrthseicotig gymwys ysgwyd, rhoi pwysau ymlaen, gwewyr cyhyrau, problemau hormonaidd, diffyg rhywiol, tawelyddiad a phroblemau â'r galon. Ni ddylid cymysgu'r sgil effeithiau hyn â symptomau anhwylder deubegwn.

Fodd bynnag, mae graddfa o lymder yn bodoli ar gyfer symptomau anhwylder deubegwn. Mewn geiriau eraill, gall rhai pobl ddiwedd

Anhwylder Deubegwn

Cyflwyniad !

Nesaf, byddwn yn edrych ar sut y gallwch agosáu at adferiad os oes gennych chi symptomau anhwylder deubegwn.

Gall meddyginiath chwarae rhan bwysig wrth lledfu symptomau anhwylder deubegwn a chyflawni adferiad (gweler dros y dudalen i gael mwy o wybodaeth am adferiad). Fodd bynnag, gall meddyginiath hefyd achosi sgil effeithiau. Gall sgil effeithiau sefydlogyddion tymer gymwys cyflog, dolur rhydd, gwewyr cyhyrau, rhoi pwysau ymlaen a cythni; gall sgil effeithiau meddyginiath gwrthseicotig gymwys ysgwyd, rhoi pwysau ymlaen, gwewyr cyhyrau, problemau hormonaidd, diffyg rhywiol, tawelyddiad a phroblemau â'r galon. Ni ddylid cymysgu'r sgil effeithiau hyn â symptomau anhwylder deubegwn.

4. Gallai **Seicosis** (coll i cysylltiad â realiti) hefyd fod yn bresennol yn ystod pyliau dwys o fania neu iselder. Gall hyn gymwys rhywfaint o dystiolaeth yn awgrymu bod anhwylder deubegwn yn rhedeg mewn teuluoedd a bod genynnau'n ffactor bwysig. Mae theorau eraill yn awgrymu y gall pethau sy'n digwydd i neu anafadau corfforol, arwain at symptomau'r salwch. Y tebygolrwydd yw bod cyfnid o achosion ar gyfer anhwylder deubegwn, a allai gymwys rhagweddaiad genetiig a digwyddiadau bywyd yn sbarduno'r salwch.

3. **Cyflwr cymysg** gyda symptomau o fania ac iselder.
 4. Gallai **Seicosis** (coll i cysylltiad â realiti) hefyd fod yn bresennol yn ystod pyliau dwys o fania neu iselder. Gall hyn gymwys rhywfaint o dystiolaeth yn awgrymu bod anhwylder deubegwn yn rhedeg mewn teuluoedd a bod genynnau'n ffactor bwysig. Mae theorau eraill yn awgrymu y gall pethau sy'n digwydd i neu anafadau corfforol, arwain at symptomau'r salwch. Y tebygolrwydd yw bod cyfnid o achosion ar gyfer anhwylder deubegwn, a allai gymwys rhagweddaiad genetiig a digwyddiadau bywyd yn sbarduno'r salwch.
- Newid mewn archwaeth neu bwyasa corfforol
 - Insomnia/gorgysgu
 - Gorfllinder
 - Diffyg egni
 - Coll i ystfa rhywiol
 - Hunan-niwelid a theimladau hunanladdol
 - Teimlo euogrydd ac yn ddiwerth
 - Anhawster canolbwytio.

Recovery for people with Bipolar Disorder

Medical science has not identified a straightforward "cure" for bipolar disorder but Hafal believes that all people with bipolar disorder can work successfully towards recovery. Recovery means regaining mental health and achieving a better quality of life. It is focused on enabling people to improve their lives in all areas rather than just maintaining an adequate existence. Hafal's clients have found that recovery depends on these three components:



Empowerment and self-management means exercising rights and responsibilities in making choices about life (for instance, having the first and last word in any discussion about you) and taking the actions required to lead a life based on those choices (for example, writing a recovery plan in your own words or administering your own medication). *But it is acknowledged that occasionally it may be necessary for others to take control for reasons of safety.*

A **commitment to progress** involves actively taking steps to improve life. When planning your recovery it is vital to agree and act upon a step-by-step, goal-focused plan and work according to a timetable.

A **'Whole Person' approach** (sometimes called a 'holistic' approach) means addressing all key aspects of life which together contribute to well-being. By setting goals in all areas of life people can approach recovery more comprehensively. Here we set out the Whole Person Approach along with some options for goals which people might set in the eight areas:

Physical Health

You may choose to:

- Make sure you are registered with a local GP
- Take care of your health – paying attention to your diet, smoking, exercise and drinking
- Avoid taking illegal or street drugs
- Go to the dentist for regular check-ups
- Go to the optician
- Attend well man or well woman clinics

Medication for Mental Illness

(You should consult your doctor before changing your medication regime) **You may choose to:**

- Find out about the latest medical treatments for severe mental illness
- Ask your doctor to prescribe the most appropriate medication for you as an individual
- Find out about side-effects and management requirements of your medication and talk to your doctor or nurse about them
- Take the right amount of medication which has the most benefit for you with your doctor's advice

Employment

You may choose to:

- Work full or part-time in general employment
- Get specialist support to sustain you in general employment
- Use a specialist supported employment service
- Use occupational therapy services
- Be a volunteer

Other Treatment and Therapy for Mental Illness

You may choose to:

- Find out about a range of therapies and non-medical treatments for severe mental illness
- Ask your doctor about Cognitive Behavioural Therapy – CBT
- Ask your doctor about other psychotherapy/talking therapies
- Find out about other therapies, e.g. art therapy
- Explore alternative therapies

Training & Education

You may choose to:

- Study in full or part-time education
- Get special support to sustain you in training or education
- Use distance learning packages, e.g. Open University
- Follow work-related or interest-related adult education courses
- Take up self-study through reading, internet

Money

You may choose to:

- Earn a salary or wage
- Apply for a student grant or loan
- Maximise your social security, disability or other benefits
- Enhance your budgeting skills
- Get information about debt or savings management

Accommodation

You may choose to:

- Manage your own accommodation
- Share your home with family or friends
- Live in your own home with support
- Live in shared accommodation with support
- Stay in specialist 24-hour supported accommodation
- Live in hospital when you are seriously ill

Social Life

You may choose to:

- Maintain relationships with your family
- Maintain relationships with your friends
- Live in a personal relationship with a partner
- Engage with a religion of your choice or tradition
- Be supported while using leisure facilities
- Use specialist supported leisure facilities
- Follow your hobbies or interests individually/ in a group

For more information on recovery, visit: www.hafal.org

About hafal
Hafal (meaning 'equal') is the principal organisation in Wales working with individuals recovering from severe mental illness and their families. We are dedicated to empowering people with severe mental illness and their families to: **achieve better quality of life, fulfil their ambitions for recovery, fight discrimination, enjoy equal access to health and social care, housing, income, education and employment.** For more information, contact us at:

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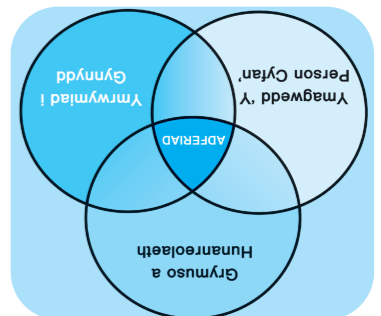
Adferiad ar gyfer pobl gydag Anhwylder Deubegwn

Nid yw gwyddoniaeth feddygol wedi adnabod "tachad" syml ar gyfer anhwylder deubegwn, ond mae Hafal yn credu y gall pobl sy'n dioddef o anhwylder deubegwn weithio'n llwddiannus i gyflawni adferiad. Mae adferiad yn golygu addennill iechyd meddwl a chael ansawdd bywyd gwell. Mae'n canolbwyntio ar alluogi pobl i wella eu bywydau ym mhob ffordd, yn hytrach na dim ond cynnal bodolaeth ddigonol. Mae cleientiaid Hafal wedi canfod bod adferiad yn rhwydd iach ar y tri pheth yma:

Grymuso a hunanreolaeth, set arfer hawliau a chyfrifoddebau wrth wneud dewisiadau am fywyd (er enghraifft, cael y gair cyntaf ac olaf mewn unrhyw dratoddaeth amdanoch chi) a chymyrd y camau angenrheidiol i arwain bywyd sy'n seiliedig ar y dewisiadau hynny (er enghraifft, ysgrifennu cynllun adferiad yn eich geiriau eich hun neu weinyddu eich meddyginiath eich hun). *Onid cydnabyddir y gallai fod yn angenrheidiol, ar brydiau, i eraill gymryd rheolaeth am resymau dlogewch.*

Mae **ymrwymiad i gynydd** yn golygu cymryd camau amlyg tuag at wella bywyd. Wrth gynllunio eich adferiad, mae'n hanfodol cytuno a gweithredu ar gynllun cam wrth gam, sy'n canolbwyntio ar nodau a gweithio yn ôl amserlen.

Mae **ymagwedd 'Person Cytan'** (sydd weithiau'n cael ei alw'n agwedd 'gytanno') yn golygu mynd i'r afael a phob agwedd bwysig ar fywyd, sydd gyda'i gilydd yn cytrannu at hunan-les. Drwy osod nodau ym mhob rhan o'u bywyd, gall pobl gymryd agwedd mwy cynhwysfawr tuag at adferiad. Yma, rydym yn nodi Agwedd y Person Cytan, ynghyd â rhai opsiynau ar gyfer nodau y gallai pobl eu gosod yn yr wyth maes:



Lechyd Corfforol

Gallech ddewis:

- Gwneud yn siŵr eich bod wedi'ch cofrestru â Meddyg Teulu lleol
- Gofalu am eich hiechyd – rhoi sylw i'ch diet, ymgy, ymarfer corff ac yfed
- Osgoi cymryd cyffurtau stryd neu anghytrffwrthion
- Mynw, ymarfer corff ac yfed
- Mynw at y deiniydd am archwiliadau rheolaidd
- Mynw i'ch deiniydd neu archwiliadau rheolaidd
- Mynw at yr optegydd
- Mynw i'ch deiniydd neu ferched iach

Cyfiogaeth

Gallech ddewis:

- Gwilio amser llawn neu ran amser mewn cyfiogaeth gyffwrddol
- Cael cofnogaeth arbenigol i'ch cynnal mewn cyfiogaeth gyffwrddol
- Cael cofnogaeth arbenigol i'ch cynnal mewn cyfiogaeth gyffwrddol
- Defnyddio gwasanaeth wedi'i gynnal arbenigol
- Defnyddio gwasanaethau therapi galwedigaethol
- Gwifodoli

Hyfforddiant ac Addysg

Gallech ddewis:

- Astudio mewn addysg amser llawn neu ran amser
- Cael cofnogaeth arbenigol i'ch cynnal mewn hyfforddiant neu addysg
- Defnyddio pecynnau dysys o bell
- Dilyn cyrsiau addysg i oedolion sy'n gysylltiedig â gwahau neu sy'n gysylltiedig â diddordebau
- Astudio ar eich pen eich hun drwy ddarllen, y rhyngrwyd ac ati

Llety

Gallech ddewis:

- Rheoli'ch lle eich hun
- Rhannu'ch cartref gyda theulu neu ffrindiau
- Rhannu'ch gyda chefnogaeth
- Rhannu'ch gyda chefnogaeth
- Aros mewn llety lle ceir chefnogaeth arbenigol 24 awr y dydd

Arrian

Gallech ddewis:

- Enlli cyflog neu dal
- Gwneud cais am grant myfyrwr neu fenthyciad
- Gwneud y mwya' o'ch budd-daliadau nawdd
- Cymdeithasol, anabedd neu eraill
- Gwelli'ch sgiliau cyflid
- Cael gwiboadaeth am reoli dyledion neu gynllun

Bywyd Cymdeithasol

Gallech ddewis:

- Cynnal perthynas gyda'ch teulu
- Cynnal perthynas gyda'ch ffrindiau
- Byw mewn perthynas bersoniol gyda phartner hamdden cyffwrddol
- Defnyddio cyffwrddol hamdden lle ceir chefnogaeth arbenigol
- Dilyn eich hobiau neu'ch diddordebau yn unigol/mewn grŵp

Am fwy o wybodaeth am adferiad, ewch i:
www.hafal.org

Ynglyn â hafal
Hafal yw prif elusen Cymru ar gyfer gweithio ar ran unigolion sy'n gwella o afiechyd meddwl

diffinol a'u teuluoedd. Rydym wedi ymrwymo i rymusobl gydag afiechyd meddwl diffinol a'u teuluoedd i:

ansawdd i fywyd, cyflawni ansawdd i'ch huchelgeisiau ar gyfer adferiad, ymadd yn erbyn gwahaniaethu, mwynhau mynediad cyfartal i iechyd a gwasanaethau cymdeithasol, tai, incwm, addysg a chyfiogaeth. Am ragor o wybodaeth, cysylltwch â ni yn:

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